WHAT IS CLAIMED IS:

- 1. A method for reducing air infiltration in a building having a frame comprising wooden components, the method comprising applying glue to a majority of abutting surfaces of said wooden components to seal gaps between such surfaces to block air flow between such surfaces.
- 2. The method of claim 1 wherein the glue after application is capable of expanding and contracting with changes in temperature.
- 3. The method of claim 2 wherein the glue is a hydrocarbon-based adhesive containing petroleum distillates.
- 4. The method of claim 2 including applying glue to create a seal between abutting surfaces at subfloors and where subfloors meet exterior wall plates.
 - 5. The method of claim 4 wherein glue is applied to at least about 85% of said abutting surfaces in the building.
 - 6. The method of claim 1 comprising:

applying glue to create a seal between abutting surfaces of wooden components forming double plates of wall panels;

applying glue to create a seal between abutting surfaces of wooden components of double studs supporting window and door headers;

applying glue to create a seal between abutting surfaces of wooden wall panels forming corners; and

applying glue to create a seal between abutting surfaces at subfloors and where subfloors meet exterior wall plates.

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- 7. The method of claim 1 comprising, in sequence:
- a) applying glue to create a seal between wooden components forming double plates, between wooden components of double studs supporting window and door headers, between abutting surfaces of wooden wall panels forming corners, between abutting surfaces at subfloors and where subfloors meet exterior wall plates;
- b) drawing air into the building and locating gaps between abutting surfaces; and
 - c) applying glue to seal gaps located in step (b).
- 8. A method for reducing air infiltration to less than about 0.7 air changes per hour in a residence having a frame comprising wooden components, the method comprising applying glue to abutting wooden surfaces to provide a seal between such surfaces to block air flow between such surfaces and reduce air infiltration to less than about 0.7 air changes per hour.
- 9. The method of claim 8 comprising applying glue to abutting wooden surfaces to provide a seal between such surfaces to block air flow between such surfaces and reduce air infiltration to less than about 0.5 air changes per hour.